

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवाको स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, अधिकृतस्तर नवौं तह वा सो सरहको
खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम र परीक्षा योजना

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम चरण	लिखित परीक्षा (Written Examination)	२००
द्वितीय चरण	अन्तर्वार्ता (Interview)	३०

प्रथम चरण: लिखित परीक्षा योजना (Written Examination Schedule)								
Paper	Subject		Full marks	Pass marks	Number of question	Exam System	Number of question & and weightage	Time
I	General Subject	Part I: Management	50	40	8	Short and Long Answer	6x5=30 (Short Answer) 2x10=20 (Long Answer)	3.00 hours
		Part II: General Health Issues	50		7	Short and Long Answer	4x5=20 (Short Answer) 3x10=30 (Long Answer)	
II	Technical Subject		100	40	6	Critical Analysis and Problem Solving	4x15=60 (Critical Analysis) 2x20=40 (Problem Solving)	3.00 hours
द्वितीय चरण: अन्तर्वार्ता (Interview)								
विषय					पूर्णाङ्क	परीक्षा प्रणाली		
अन्तर्वार्ता (Interview)					३०	बोर्ड अन्तर्वार्ता (Board Interview)		

दृष्टव्य

- यो पाठ्यक्रम अनुसार दुई पत्रको लिखित परीक्षा लिईनेछ।
- स्वास्थ्य सेवा अन्तर्गतका सबै सेवा, समूह, उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयबस्तु एउटै हुनेछ। द्वितीयपत्रको पाठ्यक्रम सम्बन्धित सेवा, समूह र उपसमूह अनुरूप फरक फरक हुनेछ।
- खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी वा नेपाली र अंग्रेजी दुवै हुनसक्नेछ।
- प्रथमपत्रको लिखित परीक्षा सेवा, समूह र उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ। यसैगरी द्वितीयपत्रको परीक्षा सेवा, समूह, उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ।

६. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका बस्तुहरु लैजान पाइने छैन।
७. लिखित परीक्षामा पाठ्यक्रमको जुनसुकै एकाईबाट पनि प्रश्नहरु सोध्न सकिनेछ।
८. प्रथमपत्र Part I र Part II को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीयपत्रका प्रत्येक प्रश्नका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरु हुनेछन्।
९. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१०. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
११. लिखित परीक्षा र अन्तर्वार्ताको कुल प्राप्तिफलको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१२. पाठ्यक्रम अध्यावधिक भई लागू हुने मिति: २०८०।११।०२

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खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I: General Subject (Management and General Health Issues)

Part I: Management

1. Management: concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Human resource management: concept, functions and different aspects
4. Health manpower, recruitment and development
5. Participative management: concept, advantages and disadvantages, techniques of participation
6. Time management: concept, advantages, and disadvantages
7. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
8. Stress management: concept, causes and sources of stress, techniques of stress management
9. Change management: concept, causes and sources and techniques of change management
10. Appreciative inquiry: concept, basic principles and management
11. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
12. Planning: concept, principles, nature, types, instrument and steps
13. Leadership: concept, functions, leadership styles, leadership and management effectiveness
14. Coordination: concept, need, types, techniques, and approaches of effective coordination
15. Communication: Concept, communication process and barrier to effective communication, techniques for improving communication, Risk Communication and Community Engagement (RCCE), behavioural change and communication (BCC)

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Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Karnali Province Health Policy, 2076
4. National and Provincial Health Plan and Strategies
5. Public Health Service Act, 2075 and Regulation, 2077
6. Karnali Province Civil Service Act, 2080 and Regulations, 2080
7. Karnali Province Health Service Act, 2078 and Regulations, 2080
8. Health Service Act 2053, Health Service Regulation, 2055
9. Health related organizational structure of federal, provincial and local level.
10. International health agencies: role and responsibilities of WHO, UNICEF, WFP, UNFPA and interagency relationships
11. Health related professional councils and related acts and regulations
12. Medical ethics in general and its application
13. Indigenous and traditional health practices and faith healing
14. Supervision: types and its usage in health sector
15. Monitoring and evaluation system in health
16. Health related management information systems
17. Health insurance and financing in health care
18. Effects of environmental pollution in public health
19. Importance of water, sanitation and hygiene in public health
20. Disaster and its effect in public health
21. Health volunteers' involvement in health service delivery
22. Community involvement in health service delivery
23. Counseling:- concept, type, importance and its application in health service delivery
24. Emerging and re-emerging diseases including pandemic diseases
25. Major health issues of Karnali province and their management
26. GESI (Gender Equality and Social Inclusion)

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प्रदेश निजामती सेवाको स्वास्थ्य सेवा, मेडिसिन समूह, जनरल मेडिसिन उपसमूह, अधिकृतस्तर नवौ तह वा
सो सरहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

1. Pharmacology, poisoning and critical care medicine

- 1.1. Principles of pharmacology therapy
- 1.2. Pharmacology of different medicines
- 1.3. Acute and chronic poisoning and their management
- 1.4. Principles of critical care medicine
- 1.5. Oxygen delivery devices/system
- 1.6. Major manifestations, monitoring and management of critical illness

2. Infection

- 2.1. Basic of infection
- 2.2. Major manifestations of infections
- 2.3. Principles of management of infection, including different antimicrobial agent and prevention of infection.
- 2.4. Antimicrobial resistance
- 2.5. Diseases due to different organism like virus, bacteria, protozoa and helminthes

3. Diabetes and nutritional and metabolic disease and other endocrine disease

- 3.1. Diabetes mellitus: Classification, epidemiology, etiology, patho-physiology, clinical feature, diagnosis, management, acute and long-term complications of diabetes, special problems in management.
- 3.2. Obesity
- 3.3. Nutrition and nutritional factors in health and diseases
- 3.4. Other metabolic disorders
- 3.5. Thyroid: functional anatomy, physiology of thyroid gland, major manifestations, management and prevention of major thyroid diseases
- 3.6. Other endocrine diseases, including functional anatomy, physiology, major manifestations, investigations, management and prevention

4. Cardiovascular system and diseases

- 4.1. Functional anatomy, physiology and investigations
- 4.2. Disorders of heart rate, rhythm and conduction
- 4.3. Ischemic heart disease
- 4.4. Vascular disease
- 4.5. Diseases of heart valves
- 4.6. Congenital heart disease
- 4.7. Diseases of the myocardium
- 4.8. Diseases of the pericardium

5. Respiratory system and diseases

- 5.1. Functional anatomy, physiology and investigations

- 5.2. Major manifestations of lung disease
- 5.3. Obstructive pulmonary diseases
- 5.4. Infections of the respiratory system
- 5.5. Tumors of the bronchus and lung
- 5.6. Interstitial and infiltrative pulmonary disease, including occupational lung disease
- 5.7. Pulmonary vascular disease
- 5.8. Diseases of the nasopharynx, larynx and trachea
- 5.9. Disease of the pleura, diaphragm and chest wall

6. GI and liver system & diseases

- 6.1. Functional anatomy, physiology and investigations
- 6.2. Major manifestation of gastrointestinal and liver disease
- 6.3. Diseases of the mouth and salivary glands
- 6.4. Diseases of the esophagus and stomach
- 6.5. Diseases of the duodenum, Ileum and Jejunum
- 6.6. Diseases of the colon, rectum and anal canal
- 6.7. Diseases of the pancreas
- 6.8. Diseases of the liver
- 6.9. Gall bladder and other biliary diseases
- 6.10. Disease of the peritoneal cavity

7. Diseases of nephrology system including water, electrolyte and acid-base balance

- 7.1. Physiology and electrolytes, water and acid-base
- 7.2. Major electrolyte and acid-base disorders
- 7.3. Functional anatomy, physiology and investigations of the kidneys and urinary system
- 7.4. Major manifestations of renal disease
- 7.5. Renal vascular disease
- 7.6. Glomerular disease
- 7.7. Tubulo-interstitial disease
- 7.8. Congenital abnormalities of the kidneys
- 7.9. Renal involvement in systemic diseases
- 7.10. Infections of the kidney and urinary tract
- 7.11. Obstruction of the urinary tract
- 7.12. Urinary tract calculi and nephrocalcinosis
- 7.13. Drugs and the kidney
- 7.14. Tumors of the kidney and genitourinary tract

8. Hematology, Immunology and joint, bone and connective tissue system and diseases

- 8.1. Inflammation
- 8.2. Organization and function of the immune system

- 8.3. Hematopoiesis, physiology of the blood and clotting
- 8.4. Investigations of diseases of the blood
- 8.5. Major manifestations of blood diseases
- 8.6. Anemias
- 8.7. Lymphoproliferative and myeloproliferative disorders
- 8.8. Bleeding disorders
- 8.9. Venous thrombosis
- 8.10. Blood components and transfusion
- 8.11. Functional anatomy, physiology and investigation of the diseases of the connective tissues, joints and bones.

9. Nervous system and Psychiatric disorders

- 9.1. Functional anatomy, physiology and investigations of neurology
- 9.2. Major manifestations of nervous system and psychiatric disease
- 9.3. Diseases of the central nervous system
- 9.4. Diseases of the spine and spinal cord
- 9.5. Diseases of the nerves and muscles
- 9.6. Classification and etiology of psychiatric disorders
- 9.7. The clinical interview
- 9.8. The psychiatric disorders and syndromes and their management

10. Miscellaneous (Genetics, Oncology & Palliative care, Geriatrics and Skin system and disorders)

- 10.1. Genetics and disease, particularly molecular features of infective disease
- 10.2. Investigation of the molecular basis of disease
- 10.3. Modern molecular methods in human disease
- 10.4. Types of genetic disease
- 10.5. Genetic factors in common diseases
- 10.6. Epidemiology, etiology, clinical presentations, investigations and management of the oncology diseases.
- 10.7. Palliative care
- 10.8. Normal ageing
- 10.9. Major manifestations of disease in frail older people
- 10.10. Rehabilitation
- 10.11. Functional anatomy and physiology of the skin
- 10.12. Major manifestations and investigations of skin disease
- 10.13. Skin diseases
- 10.14. The skin and systemic disease

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